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ABSTRACT

This annotated bibliography lists books and reference materials considered suitable for addition to school libraries on the topics of health, physical education, safety, and sports. Pagination, publisher, publication year, and price are included with each entry as well as the grade level the material addresses. Several filmstrips are briefly reviewed. A directory lists the addresses of publishers and producers of the materials and filmstrips cited. (JD)

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Materials Review and Evaluation Services
Division of Educational Media
State Department of Public Instruction

Raleigh, North Carolina
1982-1983 School Year

ADVISORY LIST OF INSTRUCTIONAL MEDIA

HEALTH, PHYSICAL EDUCATION, SAFETY, AND SPORTS

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ADVISORY LIST OF INSTRUCTIONAL MEDIA

HEALTH, PHYSICAL EDUCATION, SAFETY, AND SPORTS

BOOKS

Abodaher, David J. GREAT MOMENTS IN SPORTS CAR RACING. 96p. $8.29. Messner, 1981. Grades 5-10

Traces history of sports car racing from first race in 1894 to modern LeMans classics; text, many black-and-white photographs highlight special events in racing and the more outstanding drivers and machines; indexed; special interest book for sports car enthusiasts

American Youth Hostels, Inc. Edited by Dave Gilbert. THE AMERICAN BICYCLE ATLAS. 269p. $6.25 paper. Dutton, 1981. Grades 11-12

Guide to bicycle touring in all areas of the U.S.; describes and maps various tours; offers abundant information on the how-tos of touring (how to choose a bike, equipment needed, safety on the highway); also includes sources of information on touring; detailed, in-depth study for serious touring cycler

Berger, Gilda. ADDICTION: IT'S CAUSES, PROBLEMS, AND TREATMENTS. 118p. $9.90. Watts, 1982. Grades 9-12

Informative overview of standard addictive substances including heroin, barbiturates, alcohol, tobacco, caffeine, food; provides historical and social information about substances as well as chemical and physiological facts; presents detailed information about causes of addiction and treatments; interesting, easy-to-follow format; suggested reading list, sources for information, index; worthwhile book, should be required reading for young people

Booher, Dianna Daniels. RAPE: WHAT WOULD YOU DO IF...? 159p. $9.70. Messner, 1981. Grades 9-12

Well thought-out guide for women having to cope with ever-present threat of rape; emphasizes importance of being knowledgeable about rape and not putting oneself in potentially dangerous situations; contains invaluable information on how to avoid assault and possible ways to ward off initial attack; also offers guidance in coping with anguish should rape occur; includes anecdotes of past victims; gives psychological profiles of rapists which may help victim recognize potential danger; strongly encourages reporting of rapes or attempted rapes; bibliography, index; should be required reading for all young women

Boyer, Richard. LET'S WALK SAFELY. 32p. $6.25. Oddo, 1981. Grades 2-3

Introduction to pedestrian safety for elementary school children includes wide range of information about walking safely; covers traffic rules, signs and signals, and explains the meaning and proper pedestrian response to these indicators; illustrations are colorful, explanatory, and enjoyable for younger children; for individual or small group reading and discussion sessions

Claypool, Jane. ALCOHOL AND YOU. 84p. $7.45. Watts, 1981. Grades 7-12

Successfully explores the controversial topic of alcohol, with emphasis on teenage drinking; examines issues such as alcohol in our society, media influence, effects of alcohol on the body, alcoholism treatment and recovery programs; offers resources for help, suggestions for further reading, index; good for students, teachers, counselors, parents, health education classes (Moore County)

SP 024367

BEST COPY AVAILABLE

Dolan, Edward F., Jr. THE COMPLETE BEGINNER'S GUIDE TO GYMNASTICS. 209p. $9.90. Doubleday, 1980. Grades 7-12

Comprehensive study of the sport of gymnastics traces some of its history and explains eight modern competitive events; includes exercises for intermediate and advanced gymnasts as well as for beginners; many stop-action, black-and-white photographs clarify text; bibliography and index

Eagles, Douglas A. YOUR WEIGHT. 63p. $7.90. Watts, 1982. Grades 7-12

Describes mechanisms of weight gain and loss, the functions of fat, obesity, and individual uniqueness; short, simple-looking format but vocabulary level is high; black-and-white photographs, charts, illustrations supplement text; includes glossary, index, suggestions for further reading; useful resource or reference for student making special study of weight control

Edmonds, I.G. FUNNY CAR RACING FOR BEGINNERS. 211p. $11.50. Holt, 1982. Grades 9-12

Well-rounded introduction to world of specialized vehicles built for drag racing; includes detailed information about mechanical specifications, fueling and maintenance of the funny car; also discusses racing techniques, pit crews, major trends, hazzards and precautions, and takes an interesting look into the sport's history and the personalities of men who comprise it; includes glossary and index

Fancher, Terry. RACQUETBALL 1, 2, 3. 119p. $4.95 paper. Athletic Inst., 1981. (Attn. Jim Wall.) Grades 7-12

Comprehensive guide to the fundamentals of racquetball; contains information on equipment, rules of the game, history, etc., along with section on practical habits for players which includes warm-up exercises; many black-and-white photographs aid in clarity of text; for students interested in becoming more proficient in the sport of racquetball

Fichter, George S. KARTS AND KARTING. 64p. $7.90. Watts, 1982. Grades 4-12

Informative look at sport of karting covers history, different types of races; includes minimal technical information about engines, tires, general construction; packed with black-and-white photographs of different races, racers, and styles of karts; includes glossary, list of addresses for procuring more information about organizations, magazines, manufacturers; indexed; good comprehensive resource for students with this special interest

Fields, Alice. RACING CARS. 48p. $6.90. Watts, 1981. Grades 3-5

Covers history of world-wide automobile racing; describes various races, race cars, and racing rules from late 1800s to present; text illustrated with colorful photographs and diagrams on every page; easy-to-read format; indexed; good motivational reading tool for reluctant readers interested in the subject

Fluegelman, Andrew. MORE NEW GAMES!...AND PLAYFUL IDEAS FROM THE NEW GAMES FOUNDATION. 190p. $6.95 paper. Dolphin, 1981. Grades K-12

Sequel to the very popular *New Games*, this book describes 179 non-competitive games organized according to number of participants--2, 12, 24, and larger groups; every page filled with black-and-white photographs; games will appeal to all age groups and can be used not only for physical exercise and recreation, but also as methods of developing trust and cooperation in any type of group

Freeman, Tony. BEGINNING BACKPACKING. 45p. $6.95. Childrens, 1980. Grades 4-7

Full-color photographs enhance introduction to backpacking; explains sport of backpacking and describes proper clothing, footwear, gear, food, cooking tools, tents, first-aid items needed; shows how to set up campsite, start fire, etc.; excellent for teaching basics to beginning backpackers

Heilman, Gail. THE COMPLETE OUTFITTING AND SOURCE BOOK FOR BICYCLE TOURING. 256p. $14.95. $7.95 paper. Holt, 1980. Grades 9-12

Thorough treatment of bicycle touring contains information on equipment, publications, routes, clubs, organizations, etc.; describes different brands of bicycles and touring equipment so that reader can choose which are best for his purposes; black-and-white photographs, drawings illustrate informative text; catalogue-like format; for special interest reading

Howe, James. THE HOSPITAL BOOK. 95p. $10.95. $4.95 paper. Crown, 1981. Grades 2-6

Informative text, abundantly illustrated with black-and-white photographs, answers questions children most often ask about hospitals and traces hospital visit from admittance to discharge; introduces hospital personnel (doctor, nurse, nurse's aide, laboratory technicians, etc.) and explains role of each; identifies and explains familiar instruments (tongue depresser, needle, reflex hammer, etc.) sophisticated equipment (CAT scanner, EKG machine, etc.) and objects such as bedpan, washbasin, stretcher bed, etc.; addresses feelings such as fear, anger, resentment, loneliness as they relate to hospital stay; valuable for elementary students and excellent resource for studying health careers (High Point City)

Hyde, Margaret O., ed. MIND DRUGS. 4th ed. 168p. $7.95. McGraw, 1981. Grades 6-12

Excellent, non-judgmental presentation by several leading spokespersons (William H. McGlothlin, Ph.D., David E. Smith, M.S., M.D., Duke D. Fisher, M.D., others) on use and abuse of marijuana, alcohol, LSD, heroin, PCP; organized into straightforward chapters on each drug; includes index, suggestions for further reading, places to get help, thorough list of drug-related terms; calm, factual approach makes book indispensible for junior and senior high school libraries (Pender County)

Kalchman, Lois. SAFE HOCKEY: HOW TO SURVIVE THE GAME INTACT. 157p. $11.95. Scribner, 1981. Grades 7-12

Primarily deals with proper use of safety equipment by junior hockey players, both boys and girls; describes different types of equipment and their uses for protection; includes chapters on rules of the game, the role of referees in game management, nutrition and fitness; many black-and-white photographs and diagrams illustrate text; indexed; excellent resource for student players

Krausz, John, and Vera van der Reis Krausz, ed. THE BICYCLING BOOK: TRANSPORTATION, RECREATION, SPORT. 280p. $11.95 paper. Dial, 1982. Grades 9-12

Comprehensive examination of bicycling ranges from recreational use to commuting, touring, and racing; gives information on how to choose appropriate bicycle accessories, equipment for individual's particular purpose; also includes various aspects of bicycle safety and some interesting information regarding history of bicycling; oversized format illustrated with several black-and-white photographs; indexed for students interested in knowing all there is to know about bicycling or as excellent manual for bicycling club

Laitin, Ken and Steve. THE WORLD'S #1 BEST-SELLING SOCCER BOOK. 127p. $8.79. Messner, 1979. Grades 3-6

Excellent overall explanation of soccer fundamentals is enhanced by personal comments of its teenage authors; two brothers discuss requirements and challenges of sport, adding their own tales of excitement, success, fear and failure; advice is aimed at beginners, but useful to anyone involved in soccer; accurate descriptions of positions and equipment in combination with authors' stories and comments result in a valuable source of factual information that is also fun to read; vocabulary appropriate for elementary children; black-and-white photographs and line drawings clarify text; includes glossary; for individual use by upper elementary, middle school students (Wake County)

Lau, Charley, with Alfred Glossbrenner. THE ART OF HITTING .300. 191p. $14.95. $8.95 paper. Dutton, 1980. Grades 6-12

Comprehensive batting instruction by nation's top batting coach (Charley Lau, batting instructor for New York Yankees); contains analyses of best hitters of all time and explains how and why they reach the .300 mark; outstanding black-and-white, stop-action shots and multi-frame shots of "the perfect swing" enliven text; oversized format; invaluable resource for baseball players and especially for those interested in learning the Lau system of hitting

McWhirter, Norris, et al. GUINNESS BOOK OF SPORTS RECORDS: WINNERS AND CHAMPIONS. 352p. $9.89. Sterling, 1982. Grades 7-12

Black-and-white photographs and a wealth of information introduce reader to fascinating world of incredible athletic achievements; a quick glance at index assures reader that every sport imaginable is covered; this up-dated edition belongs in every media center serving inveterate sports trivia buffs

McWhirter, Norris. GUINNESS BOOK OF SPORTS SPECTACULARS. 95p. $6.69. Sterling, 1982. Grades 3-6

Fascinating information about all kinds of sporting events from darts to sumo wrestling, baton twirling and horseshoe pitching; covers such spectacular feats as throwing a Frisbee 500 feet and jumping rope non-stop for 9 hours 46 minutes; humorous black-and-white drawings on every page; excellent high-interest reading

Munn, Vella C. RODEO RIDERS: LIFE ON THE RODEO CIRCUIT. 64p. $6.59. Harvey, 1982. Grades 6-12

Explores life of the professional rodeo contestant and presents exciting look at what's known among cowboys as the suicide circuit; describes every event, stock ridden, and risks taken as well as judging, winnings, and amount of travel involved; includes lists of national winners in major catagories since 1929 and glossary; informative reading for those with this special interest

Nourse, Alan E., M.D. MENSTRUATION: JUST PLAIN TALK. 64p. $6.90. Watts, 1980. Grades 8-12

Detailed information on menstruation and menstrual problems; combines medical and lay information, uses diagrams to describe primary and secondary sex characteristics, discusses misconceptions, and describes female reproductive cycle; discusses female abnormalities such as cysts, tumors, double uterus, endometreosis; short, easy-to-understand format includes glossary, index; good resource for guidance counselors and health, biology, family life teachers--not for general library collection (High Point City)

Olney, Ross R. AUTO RACING--R/C MICRO STYLE. 128p. $6.67. Lothrop, 1980. Grades 7-12

Introduces hobby/sport of racing miniature radio-controlled cars; describes how sport began, how radio and car work together, how to set up courses, how to select cars and radios, how to form clubs, and racing rules; illustrated with many black-and-white photographs and scale drawings; includes list of sources for supplies, index; good individual reading for someone especially interested in subject

Peavy, Linda, and Ursula Smith. FOOD, NUTRITION, AND YOU. 197p. $12.95. Scribner, 1982. Grades 9-12

Interesting survey of foods, nutrition, and eating; includes usual scientific information about proteins, fats, vitamins, etc., but devotes much text to historical, political and cultural concerns related to food and nutrition; incorporates anecdotes and informative tidbits in chapter narratives and as "asides"; discusses how energy is produced inside a human cell; suggested reading list and index; high level reading for students preparing reports or for those interested in improving their eating habits

Perl, Lila. JUNK FOOD, FAST FOOD, HEALTH FOOD: WHAT AMERICA EATS AND WHY. 182p. $9.95. Houghton/Clarion, 1980. Grades 8-12

Critical, but fair, review of modern dietary patterns; distributes blame for current nutrition related problems among food producers, manufacturers, distributors and consumers; summarizes up-to-date scientific data in easy to understand format; discusses almost all controversial topics such as vegetarianism, fast foods, health foods, additives, preservatives, and junk foods; author convincingly favors "natural" foods and includes 30 sensible and tasty recipes for healthy, nutritious diet; for individual enrichment, special reports on nutrition, class discussion

Pervier, Evelyn. THE BEGINNING RIDER: A COMMON SENSE APPROACH. 191p. $8.79. Messner, 1980. Grades 6-12

Reliable manual on English-style horsemanship; covers grooming, trail riding, jumping, showing; offers more advanced riders instruction on braiding, diagrams of saddle parts, and jumps; does not include information about feeding or ailments; illustrated with many black-and-white photographs and drawings; contains glossary, suggestions for further reading, index; good basic resource for beginning riders

Phillips, Betty Lou. GO! FIGHT! WIN! THE NATIONAL CHEERLEADERS ASSOCIATION GUIDE FOR CHEERLEADERS. 246p. $8.89. Delacorte, 1981. Grades 7-12

One of the most comprehensive books on subject available; covers everything from daily practice, routines, summer cheerleading camp to importance of being fit, good looks and personality, etc.; features exceptionally broad collection of cheers and formations; an abundance of black-and-white photographs supplement explanatory text, unfortunately, minority representation is nearly non-existent; appendix and index; excellent choice for use by cheerleader sponsor or by cheerleaders themselves, both current and hopeful

Pickthall, Barry. A COLOR GUIDE TO SAILING. 64p. $3.98. Chartwell Books, Inc., 1980. (Available from Athletic Inst. Attn. Jim Wall.) Grades 6-12

Excellent basic instruction for novice sailor has numerous bright, explicit photographs and illustrations to complement direct, practical text; some familiarity with basic vocabulary will aid comprehension, though book can serve as initial step in gaining this knowledge; covers essential topics from identifying parts of a boat to handling the boat, tying knots, and safety rules; though published in England, navigation system illustrated is for United States waters; appropriate for leisure reading by the interested student or as supplementary reading for anyone actively involved in sailing instruction

Ravielli, Anthony. WHAT ARE STREET GAMES? unp. $9.95. Atheneum, 1981. Grades 4-8

Brief descriptions of old games, not just street games, children play when they are on their own; includes tag, hide-and-seek, races, follow the leader, various ball games; useful in physical education, folklore, or social studies; two-color illustrations complement text

Reichler, Joseph L. FABULOUS BASEBALL FACTS, FEATS, AND FIGURES. 203p. $13.95. $7.95 paper. Macmillan, 1981. Grades 4-12

In-depth look into baseball history from 1881 to 1980; includes individual and team records, awards, highlights and sidelights of the sport; contains the general facts sought by the average baseball enthusiast, plus some uncommon information such as the most career lead-off homeruns and the most switch-hit home runs in one game; packed with black-and-white photographs; indexed; a real gem for baseball trivia lovers

Riviere, Bill, et al. THE L.L. BEAN GUIDE TO THE OUTDOORS. 299p. $15.50. Random, 1981 Grades 8-12

Outstanding, practical guide for beginning or experienced outdoor enthusiasts; takes low-key approach and avoids recommending any specific manufacturers' equipment; chapters cover clothing, sleeping bags, tents, packing gear, cooking, wood tools, winter travel, canoes, maps and compasses; charcoal drawings illustrate text; appendices contain suggested further reading, equipment checklists, list of items for first aid kit, directory of outdoor organizations, and sources for trip planning; indexed; offers students useful information based on experiences of thousands of outdoorsmen (Cumberland County)

Silverstein, Alvin, and Virginia B. Silverstein. RUNAWAY SUGAR: ALL ABOUT DIABETES. 34p. $8.89. Lippincott, 1981. Grades 4-8

Simple introduction to diabetes includes its causes, symptoms, and treatment; explains need for dietary control and insulin; cartoon illustrations supplement easy-to-understand text; good reference for primary grades or for teaching about hormones, digestion or nutrition; includes glossary

Silverstein, Alvin, and Virginia B. Silverstein. THE STORY OF YOUR EAR. 64p. $6.99. Coward, 1981. Grades 3-7

Explains nature of sound and how ear, network of nerves, and the brain make up hearing system; describes different parts of ear and their functions; elementary treatment supplements information generally available in science and health textbooks; illustrated with black-and-white line drawings and diagrams; indexed; most likely to be used for special projects or reports

Silverstein, Alvin, and Virginia B. Silverstein. THE SUGAR DISEASE: DIABETES. 111p. $7.95. Lippincott, 1980. Grades 9-12

Useful information for diabetic student or for students who want to research the disease in terms of its history, causes, diagnosis, treatment, or current research implications; good addition to health collection; includes bibliography, sources for further information and index

Simon, Seymour. BODY SENSE, BODY NONSENSE. unp. $8.89. Lippincott, 1981. Grades 3-6

Entertaining and informative presentation of 22 familiar health related phrases, e.g., "an apple a day keeps the doctor away," "holding your breath can cure hiccups," "Carrots are good for your eyesight"; explains truth or falsity of each phrase with excellent source of good sound advice to alleviate myths about our bodies; black-and-white cartoon drawings illustrate explanations; outstanding blend of fun and information

Thompson, Paul. NUTRITION. 65p. $7.90. Watts, 1981. Grades 6-12

Basic overview of nutrition presents thorough discussion of various nutrients (carbohydrates, fats, proteins, vitamins, etc.); features both historical and scientific information; discusses food controversies (additives, food processing, etc.) and diet planning; easy-to-understand format includes black-and-white photographs, glossary, index, and suggestions for further reading; for students who want lots of information in short, interesting format

Tinkelman, Murray. RODEO: THE GREAT AMERICAN SPORT. 64p. $8.59. Greenwillow, 1982 Grades 6-12

Pictorial essay about rodeos offers page after page of black-and-white, stop-action photographs with explanatory text; includes requirements and scoring for such events as bronc riding, calf and team roping, steer wrestling, barrel racing and bull riding; special interest book for browsing

Uram, Paul. THE COMPLETE STRETCHING BOOK. 121p. $4.95 paper. Anderson World, Inc., 1980. (Available from Athletic Inst. Attn. Jim Wall.) Grades 7-12

Describes and illustrates stretching and flexibility exercises for better training of athletes or for personal fitness; explains how exercises develop strength, speed, endurance as well as flexibility; includes instruction in warmups, warmdowns; suggests a training program for individuals or team athletes; many black-and-white diagrams illustrate text; effective guide for teachers, coaches or individual students

Wheatley, George. THE YOUNG RIDER'S COMPANION. 120p. $14.95. Lerner Pubns., 1981. Grades 6-12

Comprehensive guide to horses and horsemanship offers practical information on what to look for when purchasing a horse, how to care for it and of course how to ride it; covers every area of interest from grooming techniques and purchasing tack to horseshoeing and showjumping; introduces important information on recognizing when a horse is sick and how to treat it; abundance of exceptionally good black-and-white photographs and diagrams; dust jacket illustration reproduced on hardcover; indexed; if only one purchase on subject is made, consider this one; will be invaluable addition to media center for young equestrians

Yerkow, Charles. FUN AND SAFETY ON TWO WHEELS: BICYCLES, MOPEDS, SCOOTERS, MOTORCYCLES. 142p. $8.95. Putnam, 1979. Grades 7-12

Much needed guide for any rider of a two-wheeled vehicle--bicycle, moped, scooter, or motorcycle; familiarizes rider with each vehicle, proper maintenance of that vehicle, proper clothing to wear while riding, safe riding rules and strategies; stresses importance of knowing local traffic laws; uses black-and-white photographs to illustrate various vehicles discussed, maintenance techniques, equipment, etc.; indexed; should be read by all students who ride two-wheeled vehicles

Zizmor, Jonathan, and Diane English. DOCTOR ZIZMOR'S GUIDE TO CLEARER SKIN. 183p. $7.89. Lippincott, 1980. Grades 9-12

Includes everything teen-agers could ever want to know about skin health and appearance; major emphasis on caring for the complexion and acne; discusses new research and puts to rest several myths, e.g., eating chocolate or French fries causes pimples; although there is large section on makeup, book is written for both males and females; does not mention specific brand names, but does suggest criteria for selecting commercial products; indexed

Books in a Series

FIRST BOOKS. each 62-64p. each $6.45. Watts, 1980. Grades 5-9
Titles: BLINDNESS; CANCER; DEAFNESS; DIABETES; HEART DISEASE

Each title covers wide range of general information on specific physical disorder--describing warning signs, status of research, and treatment that can be expected; occasional black-and-white photographs and diagrams add clarity to texts; glossary, suggestions for further reading, index support these good supplementary reference materials

BLINDNESS addresses itself more to sociological problems than medical problems and also furnishes interesting information about new machines for blind readers, e.g., Optacon, Kurzweil, other non-Braille reading devices

CANCER describes various locations, causes, effects of the disease using actual patients as examples and stresses the importance of watching for warning signals

DEAFNESS includes everything from anatomy of the ear to modern techniques for detecting hearing loss to coping with deafness, and features easy-to-follow diagrams of the finger alphabet used in sign language

FIRST BOOKS. (Cont'd.)

DIABETES offers information about insulin, diabetic emergencies, problems unique to children, and the care required by diabetics throughout life

HEART DISEASE explains causes of disorders and various measures of prevention along with good discussion of heart's function

INTERSPORT. each 64p. each $7.95. Silver, 1980, 1981. Grades 5-9
Titles: BASKETBALL; GOLF; GYMNASTICS; MOTORCYCLING; ON HORSEBACK; SNOW SPORTS; SOCCER; SWIMMING AND DIVING; TENNIS

Describes primary aspects of each sport including various kinds of competition and famous participants, past and present; also includes many tips for beginners as well as information about sport itself, e.g., strategy, equipment, events; outstanding color photographs on almost every page enhance informative text; excellent for use with middle school students to encourage interest in a particular sport or as supplemental reading in P.E.

SPORTS BASICS. each 48p. each $8.95. Prentice, 1980-1982. Grades 5-12
Titles: BASEBALL BASICS; BICYCLING BASICS; FISHING BASICS; FOOTBALL BASICS; FRISBEE DISC BASICS; HORSEBACK RIDING BASICS; SAILING BASICS; SKIING BASICS; SOCCER BASICS

Elementary, generalized overview of the fundamentals of each sport; utilizes easy-to-read, up-to-date language; many black-and-white photographs and diagrams illustrate texts; each contains a glossary and index

SPORTS FOR ME BOOKS. each 48p. each $5.95. Lerner Pubns., 1980-1982. Grades 3-6

ARCHERY	CROSS-COUNTRY SKIING	QUARTER-MIDGET RACING
BACKPACKING	FENCING	ROLLER SKATING
BASKETBALL	FISHING	RUNNING
BATON TWIRLING	FRISBEE DISC FLYING	SAILING
BICYCLE MOTOCROSS	GOLF	SKIN DIVING
BOWLING	HORSEBACK RIDING	SOFTBALL
BOXING	ICE SKATING	VOLLEYBALL
CHEERLEADING	KARATE	YOGA

See publisher's literature for other titles in the series.

Series written especially for beginners includes much practical information on each sport; begins with correct use and care of equipment and emphasizes safety precautions; engaging first person narratives; a glossary of terms provided at the end of each book; multi-racial photos in black and white; girls and boys both participate; good for young sports enthusiasts

Wilkinson, Sylvia. WORLD OF RACING. each 48p. each $7.95. Childrens, 1981. Grades 4-9
Titles: CAN-AM; FORMULA ONE

High-interest, fast-paced books feature captivating color photographs on almost every page and interviews with famous racing drivers; both books offer technical information in a relatively easy-to-read format; good choice for mechanically inclined middle grade students; noted North Carolina author

The following titles have been evaluated by Department of Public Instruction consultants and are considered suitable additions to school media collections. Reviews of these titles are on file in the Center. Books are listed in current BOOKS IN PRINT.

Aaseng, Nathan. THE SPORTS HEROES LIBRARY. each 72-82p. each $6.95. Lerner Pubns., 1982 Grades 5-10 Titles: FOOTBALL'S CRUSHING BLOCKERS; SUPERSTARS STOPPED SHORT; WORLD-CLASS MARATHONERS

Appel, Martin, comp. BATTING SECRETS OF THE MAJOR LEAGUERS. 94p. $8.79. $4.95 paper. Messner, 1981. Grades 5-10

Baumann, Elwood D. RIP-ROARING RACES AND RALLIES. 118p. $8.90. Watts, 1981. Grades 8-12

Beaulieu, John E. STRETCHING FOR ALL SPORTS. 212p. $7.95 paper. Athletic Pr., 1980. (Available from Athletic Inst. Attn. Jim Wall.) Teacher Use

Berger, Melvin. THE PHOTO DICTIONARY OF FOOTBALL. unp. $7.95. Metheun, 1980. Grades 4-7

Dolan, Edward F., Jr. TRIUMPH BOOKS. each 88-90p. each $8.40. Watts, 1982. Grades 4-7 Titles: GREAT MOMENTS IN THE NBA CHAMPIONSHIPS; GREAT MOMENTS IN THE SUPER BOWL

Etheredge, Randy and Warren. THE FOOTBALL QUIZ BOOK. 128p. $3.50 paper. Dutton, 1980. Grades 5-12

Finney, Shan. CHEERLEADING AND BATON TWIRLING. 88p. $7.90. Watts, 1982. Grades 5-9

Grinfelds, Vesma, and Bonnie Hulstrand. RIGHT DOWN YOUR ALLEY: THE COMPLETE BOOK OF BOWLING. 135p. $4.95 paper. Leisure Pr., 1980. (Available from Athletic Inst. Attn. Jim Wall.) Teacher Use

Heitzman, William Ray. OPPORTUNITIES IN SPORTS AND ATHLETICS. 150p. $5.95 paper. VGM Career Horizons, 1980. (Available from Athletic Inst. Attn. Jim Wall.) Grades 10-12

Hewitt, James. ISOMETRICS: THE SHORT CUT TO FITNESS. 96p. $4.95 paper. Thorsons Pub. Ltd., 1982. (Available from Sterling.) Grades 11-12

Isaacs, Neil D., and Dick Motta. SPORTS ILLUSTRATED BASKETBALL. 111p. $8.95. Har-Row, 1981. Grades 7-12

James, Stuart. LACROSSE FOR BEGINNERS. 127p. $8.79. Messner, 1981. Grades 7-12

Kennedy, Robert. NATURAL BODY BUILDING FOR EVERYONE. 192p. $9.89. $5.95 paper. Sterling, 1980. Grades 11-12

Larson, Randy. ILLUSTRATED BACKPACKING AND HIKING DICTIONARY FOR YOUNG PEOPLE 125p. $2.50 paper. Prentice, 1981. Grades 6-12

Leon, Edie. COMPLETE WOMEN'S WEIGHT TRAINING GUIDE. 145p. $6.95 paper. Anderson World, Inc., 1980. (Available from Athletic Inst. Attn. Jim Wall.) Grades 10-12

Madison, Arnold. HOW TO PLAY GIRLS' SOFTBALL. 125p. $8.79. Messner, 1981. Grades 5-10

Mumau, Thad. THE DEAN SMITH STORY: MORE THAN A COACH. 224p. $9.95. Strode Pubs., 1981. Grades 9-12

Straus, Hal, and Marilou Sturges. ROLLER SKATING GUIDE. 197p. $6.95. Anderson World Inc., 1979. (Available from Athletic Inst. Attn. Jim Wall.) Grades 10-12

Thorson, William. TEACHING SOCCER. 176p. $7.95 paper. Burgess, 1980. (Available from Athletic Inst. Attn. Jim Wall.) Teacher Use

Thorn, John. PRO FOOTBALL'S TEN GREATEST GAMES. 208p. $10.95. Four Winds, 1981 Grades 7-12

Trier, Carola S. EXERCISE: WHAT IT IS, WHAT IT DOES. 55p. $5.71. Greenwillow, 1982 Grades 2-5

Whiddon, N. Sue, and Linda T. Hall. TEACHING SOFTBALL. 120p. $6.95 paper. Burgess Pub. Co., 1980. (Available from Athletic Inst. Attn. Jim Wall.) Teacher Use

BOOKS (FOR TEACHER USE)

Cox, Richard H. TEACHING VOLLEYBALL. 137p. $6.95 paper. Burgess, 1980. (Available from Athletic Inst. Attn. Jim Wall.)

Especially written for volleyball teachers or coaches; emphasizes how to teach volleyball rather than how to play it; author has tried to answer the most often asked questions about teaching the sport; many black-and-white photographs and diagrams help clarify text; contains bibliography of books, films and periodicals; indexed

Darden, Ellington. CONDITIONING FOR FOOTBALL. 127p. $4.95 paper. Anna Pub., Inc., 1979. (Available from Athletic Inst. Attn. Jim Wall.)

Detailed information on how to condition football players to be strong, lean, flexible, and untiring; features the Nautilus method of PST (Proper Strength Training) for athletes; for coaches who want to build champions (so says the author); black-and-white photographs help clarify techniques

Lieberman, E. James, and Ellen Peck. SEX & BIRTH CONTROL: A GUIDE FOR THE YOUNG. Rev. ed. 277p. $11.95. Har-Row, 1981

Straightforward, pratical presentation emphasizes the responsibilities of sexual freedom and stresses the necessity of acquiring correct information before making personal sexual choices; evaluates abstinence, rhythm, condom, pill, IUD, diaphragm, foam as methods of birth control--focusing on practical questions as well as the social and psychological issues; clearly and thoroughly examines pregnancy, abortion, VD, sterilization; probes problems of sex education; examines questions of morality and normalcy of masturbation, petting, sexual problems, homosexuality, fidelity; surveys future of marriage, parenthood, alternate life styles; up-dates names, addresses, phone numbers of clinics and referral agencies listed in earlier edition; indexed; should be thoroughly previewed by teacher or librarian (Moore County)

Orlick, Terry. THE SECOND COOPERATIVE SPORTS AND GAMES BOOK. 267p. $18.50. $8.95 paper. Pantheon, 1982

The two-hundred games, appropriate for adults and children, are derived from many different cultures and encourage development of traits such as cooperation, consideration of others, individual decision making and creativity; also includes cooperative games for the handicapped; black-and-white photographs enhance text; recommends additional reading, films, records; indexed

Riley, Daniel P., and James A. Peterson. NOT FOR MEN ONLY: STRENGTH TRAINING FOR WOMEN. 127p. $4.95 paper. Leisure Pr., 1979. (Available from Athletic Inst: Attn. Jim Wall.)

Body conditioning program designed especially for women by the Director of Strength Training for Penn State University Athletic Dept. and Physical Education Professor at the United States Military Academy; offers complete, detailed instruction on how to develop maximum muscular fitness; features page after page of black-and-white photographs demonstrating methods and techniques; for P.E. teachers and coaches

BOOK WITH RECORDING

Bradshaw, William S., Jr. THE BIG YELLOW BUS IS A GOOD FRIEND OF MINE. 24p. $7.90 paper. Webb-Newcomb, 1981. Grades K-1

Booklet, read-along record give 20 basic safety rules; black-and-white illustrations highlighted by bright yellow school bus; most likely use would be classroom set of 24-page, 7½" square books with single record; record does not pause to permit discussion; flat narration enlivened at end by catchy, country-type song version of rules

FILMSTRIPS (SOUND)

ALCOHOLISM: WHO PAYS THE TAB? 1 filmstrip, 1 cassette tape, guide $27.50. Current Affairs, 1980. (Available from Glisson.) Grades 7-12

Examination of economic and human costs of alcoholism identifies social and personal factors leading to abuse; describes rehabilitation, treatment, awareness programs funded by government or industry; statistics and discussions between 17-year-olds dramatize how nearly indistinguishable is line between social and problem drinking; guide provides overview and purpose of lesson, discussion and activity suggestions, a quiz, bibliography, and full script; informative, motivational tool for social studies or health classes (Mecklenburg County)

Filmstrips (Sound) in a Series

THRESHOLD. 4 color filmstrips, 4 cassette tapes, 1 hardback copy of THRESHOLD, guide $200. each (without book) $55. Stanfield Hse., 1981. Grades 7-12
Titles: PUBERTY; SEXUALITY; SEXUAL RESPONSIBILITY; CONCEPTION, PREGNANCY, BIRTH

Series presents comprehensive, clinical appraisal of adolescent sexuality; stresses importance of personal decisions about sexual activity regardless of prevailing peer pressures; where live shots would be inappropriate or embarrassing, filmstrips use informative diagrams and illustrations; accompanying book offers explicit answers to adolescents' most personal concerns; entire program should be thoroughly previewed before purchase or use

PUBERTY details physical and emotional development in both males and females, including changes in size, shape, and function of sexual organs

SEXUALITY discusses role of and different levels of sexual activity within a mature, loving relationship; diagrams physical act of intercourse; also deals with masturbation, circumcision, nocturnal emissions, homosexuality

SEXUAL RESPONSIBILITY outlines process of conception and emphasizes necessity of responsible birth control; explains use of diaphragms, IUD's, pills, spermicides, condoms; views abortion as possible option if birth control has been inadequate; describes symptoms, treatment, and prevention of venereal diseases

CONCEPTION, PREGNANCY, BIRTH traces process of pregnancy from conception to birth; cites questions couples must consider before choosing pregnancy, such as financial ability, career options, and desire for family responsibilities

"YOU WOULD IF YOU LOVED ME": MAKING DECISIONS ABOUT SEX. 4 color filmstrips, 4 cassette tapes, 2 disc recordings, guide $149.50. Guidance Assocs., 1981. Grades 6-12

Examines myths and misconceptions about sex, consequences of irresponsible sexual activity, sex as one component of love, and peer pressure to experiment with sex; program aims to provide accurate though general information in order to help youngsters develop appropriate social and personal attitudes toward sexual behavior; specific topics include masturbation, birth control, abortion, venereal diseases; teacher should be prepared to introduce relevant vocabulary; guide includes pre-viewing discussion questions, complete script, supplementary activities, bibliography; individual strips can be shown independently or in any order; teacher or counselor should preview entire program before using with students; a helpful series if used with sensitivity by a qualified adult who feels comfortable with the subject (Rowan County)

KIT

FOOD: YOUR CHOICE, LEVEL 4. DEVELOPING HEALTHY LIFESTYLES: NUTRITION, PHYSICAL FITNESS, AND HEALTH CONCERNS. 51 activity cards, 4 posters, 8 transparencies, Nutrition Source Book, "overview" and "how to" cards $35. Natl. Dairy Council, 1980. (Available from Dairy & Food.) Grades 7-10

Twenty-two activities focus on physical appearance, fitness and performance; suggested games, exercises, role-play activities, and class discussion topics will help students develop healthy life-styles; program concepts grew out of the 1969 White House Conference on Food, Nutrition, and Health

ADDITIONAL FILMSTRIPS (SOUND)

Filmstrips (Sound) in a Series

NUTRITION KNOW-HOW, Parts I and II. 2 sets each containing 2 color filmstrips, 2 cassette tapes, reproducible work sheets, guide each set $75. Imperial Educ. Res., 1980. (Available from Glisson.) Grades 6-9
Titles: PART I. FACTS ABOUT FOOD; A BALANCED DIET
PART II. WEIGHT, HEALTH, AND APPEARANCE; WEIGHING IN HEALTHY

Informative, thought-provoking coverage of proper nutrition and its relationship to emotional health, weight, body functions, and appearance (hair, skin, teeth); discusses function of food in body (growth and repair, regulation of body processes, energy supply); explains four food groups (milk, meat, fruit/veg., bread/cereal) and the chemical processes of essential nutrients (carbohydrates, proteins, vitamins, minerals, water, fats and oils); emphasizes how well-balanced diet, proper rest, exercise make one look and feel better; each guide contains a brief introduction and script; work sheets include a glossary and table of food composition; for health and home economic classes (High Point)

SAFETY STORIES. 4 color filmstrips, 4 cassette tapes, guide $98. each $27. Ency. Brit. Ed., 1980. Grades K-2
Titles: SAFETY AT SCHOOL; SAFETY AT PLAY; SAFETY ON THE STREET; SAFETY AT HOME

Humorous cartoon pictures and simple rhymes encourage good safety habits at home, school, play, on the street; each safety story is approximately five minutes long with questions for discussion at end; series emphasizes that you are your best safety helper; useful follow-up to unit on health and safety; guide includes objectives, summary of content, narration, discussion questions and follow-up activities (High Point)

DIRECTORY OF PUBLISHERS AND PRODUCERS

Atheneum - Atheneum Publishers, 597 Fifth Avenue, New York, New York 10017

Athletic Inst. - The Athletic Institute, Attention: Jim Wall, 200 Castlewood Drive, North Palm Beach, Florida 33408

Childrens - Childrens Press, Inc., 1224 West Van Buren Street, Chicago, Illinois 60607

Coward - Coward, McCann & Geoghegan, The Putnam Publishing Group, 200 Madison Avenue, New York, New York 10016

Crown - Crown Publishers, Inc., One Park Avenue, New York, New York 10016

Dairy & Food - Dairy & Food Nutrition Council of the Southeast, Inc., North Carolina Division, Suite 105 Koger Building, 2306 West Meadowview Road, Greensboro, North Carolina 27407

Delacorte - The Delacorte Press, One Dag Hammarskjold Plaza, New York, New York 10017

Dial - The Dial Press, One Dag Hammarskjold Plaza, New York, New York 10017

Dolphin - Dolphin Books, 501 Franklin Avenue, Garden City, New York 11530

Doubleday - Doubleday & Company, Inc., 501 Franklin Avenue, Garden City, New York 11530

Dutton - E.P. Dutton, 2 Park Avenue, New York, New York 10016

Ency. Brit. Ed. - Encyclopaedia Britannica Educational Corporation, 425 North Michigan Avenue, Chicago, Illinois 60611

Four Winds - Four Winds Press, 50 West 44th Street, New York, New York 10036

Glisson - John L. Glisson, Inc., 819 West Broad Street, Richmond, Virginia 23220

Greenwillow - Greenwillow Books, 105 Madison Avenue, New York, New York 10016

Guidance Assocs. - Guidance Associates, Inc., Communications Park Publishing Group, 90 South Bedford Road, Mount Kisco, New York 10549

Har-Row - Harper & Row Publishers, Inc., 10 East 53rd Street, New York, New York 10022

Harvey - Harvey House, Publishers, 20 Waterside Plaza, New York, New York 10010

Holt - Holt, Rinehart and Winston, Inc., 383 Madison Avenue, New York, New York 10017

Houghton/Clarion - Houghton Mifflin/Clarion Books, 52 Vanderbilt Avenue, 6th Floor, New York, New York 10017

Lerner Pubns. - Lerner Publications Company, 241 First Avenue, North, Minneapolis, Minnesota 55401

Lippincott - J.B. Lippincott Company, 10 East 53rd Street, New York, New York 10022

Lothrop - Lothrop, Lee & Shepard Books, 105 Madison Avenue, New York, New York 10016

McGraw - McGraw-Hill Book Company, 1221 Avenue of the Americas, New York, New York 10020

Macmillan - Macmillan Publishing Company, Inc., 866 Third Avenue, New York, New York 10022

Messner - Julian Messner, Inc., Simon & Schuster Building, 1230 Avenue of the Americas, New York, New York 10020

Methuen Inc. - Methuen, Inc., 733 Third Avenue, New York, New York 10017

Oddo - Oddo Publishing, Inc., Storybrook Acres, Box 68, Fayetteville, Georgia 30214

Pantheon - Pantheon Books, Inc., 201 East 50th Street, New York, New York 10022

Prentice - Prentice-Hall, Inc., Englewood Cliffs, New Jersey 07632

Putnam - The Putnam Publishing Group, 200 Madison Avenue, New York, New York 10016

Random - Random House, Inc., 201 East 50th Street, New York, New York 10022

Scribner - Charles Scribner's Sons, 597 Fifth Avenue, New York, New York 10017

Silver - Silver Burdett Company, 250 James Street, Morristown, New Jersey 07960

Stanfield Hse. - The Stanfield House, 12381 Wilshire Boulevard, Suite 203, Los Angeles, California 90025

Sterling - Sterling Publishing Company, Inc., 2 Park Avenue, New York, New York 10016

Strode Pubs. - The Strode Publishers, 720 Church Street, N.W., Huntsville, Alabama 35801

Watts - Franklin Watts, Inc., 730 Fifth Avenue, New York, New York 10019

Webb-Newcomb - Webb-Newcomb Company, Inc., 308 N.E. Vance Street, Wilson, North Carolina 27893